

COUNCIL REPORT

TO: CITY MANAGER

DATE: 2006 June 22

FROM: DIRECTOR PARKS, RECREATION AND CULTURAL SERVICES

SUBJECT: MOVE FOR HEALTH DAY - 2006

PURPOSE: To provide Council with information regarding Move for Health Day - 2006.

RECOMMENDATION:

1. **THAT** this report be received for information.

REPORT

At its 'Open' meeting of 2006 June 21, the Parks, Recreation and Culture Commission received the above noted report and adopted the recommendation contained therein.



Kate Friars
DIRECTOR PARKS, RECREATION AND CULTURAL SERVICES

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Attachment

PK- MOVE FOR HEALTH DAY - 2006

TO: CHAIR AND MEMBERS
PARKS, RECREATION & CULTURE COMMISSION

FROM: DIRECTOR PARKS, RECREATION AND CULTURAL SERVICES

SUBJECT: MOVE FOR HEALTH DAY - 2006

RECOMMENDATION:

1. **THAT** this report be forwarded to Council for information.

REPORT

At the Council meeting of 2006 March 06, Mayor Corrigan and Council proclaimed Burnaby as an 'Active Community', committing to supporting a way of life in which physical activity is valued and integrated into daily life. The goal of an Active Community is to increase physical activity levels 20% by 2010.

On 2006 May 10, residents of Burnaby were encouraged to be active and celebrate "Move for Health Day", a designated international celebration. Twenty free activity options (Attachment #1) were offered in recreation centres, weight rooms and gyms, the Shadbolt Centre for the Arts and the arenas as well as outdoor areas such as Deer Lake, the Trans-Canada trail and Stoney Creek trails. More than 900 children, youth, adults and seniors participated in these activities, making Burnaby's participation in "Move for Health Day" one of the highest in the province.

The City's Wellness Committee participated in "Move for Health Day" for the first time by registering in the Local Government Challenge. The committee planned activities that employees could participate in during lunch hour as well as sharing ways that individuals could be more active throughout the course of their work day such as using the stairs instead of elevators. Over 425 Burnaby staff participated in the challenge to be active on May 10.

This initiative was also undertaken by Burnaby School District # 41 and Fraser Health Authority, partners with the City on the ActNow Burnaby committee. This committee has as one of its goals, to increase physical activity of the Burnaby community which is comprised of residents, employees and employers. Staff in each of these organizations planned and promoted employee activities throughout the day.

To: Parks, Recreation & Culture Commission
From: Director Parks, Recreation and Cultural Services
Re: Move For Health Day, 2006

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Research has shown that people will be active more frequently if their first experience is safe and accessible, and if information about activity options is easy to obtain. By planning and promoting "Move for Health Day" activities the City of Burnaby, through the Parks, Recreation and Cultural Services Department, is creating new ways for people to become active that will encourage continued healthy lifestyles.



Kate Friars
DIRECTOR PARKS, RECREATION AND CULTURAL SERVICES

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Attachment

p:/../wa/commission/moveforhealth2006.doc

CITY OF BURNABY - MOVE FOR HEALTH DAY ACTIVITIES - MAY 10, 2006

Event	Description	Attendees
Cameron on the Move (Community Walk for all ages)	Cameron Seniors hosted a community 2 km walk that winds past the local schools and scenic paths along Stoney Creek, and returned to Cameron Centre for refreshments.	300
Healthy Active Living Display	The Healthy Active Living Display was set up by Fraser Health who provided resources about living a healthy, active life.	220
The Heights on the Move - A 5km Family Fun Run/Walk	A 5km family fun run/walk included a scenic loop on the Trans-Canada Trail. All people wishing to participate met at Eileen Daily Leisure Pool at 6:30 pm and walked together to the start of the trail.	140
Canoeing at Deer Lake	This experience included an introduction to canoeing lesson and the opportunity to paddle around our picturesque lake.	50
Walk for Health (For all ages)	Cameron Seniors hosted a community 2 km walk that winds past the local schools and scenic paths along Stoney Creek, returning to the Cameron Centre for refreshments.	40
Asia on the Move	The North Burnaby Retired Society held an open house demonstrating the Asian Art forms at the Center of Confederation's Oval from 10:00am until 12 noon.	40
Nordic Pole Walking	Willie Jensen (instructor), demonstrated why walking with poles is fast becoming such a popular past time in the Lower Mainland.	22
BBQ, B-Ball and Shoot out! (Youth 13 - 18 year)	Youth Centre had a free barbecue and then headed to Stride Gym and participated in a 2 Ball Competition.	18
In-Line Loonie Family Skate	Family loonie in-line skateat Kensington Arena, instructor provided in-line skating tips. In-line skates were available to rent.	18
Carpet Bowling	Free carpet bowling instruction plus mini tournament against the staff at Edmonds Centre.	16
South Burnaby on the Move - Walk for Health (Bonsor and Edmonds Seniors)	Burnaby Seniors from Bonsor and Edmonds Centres had a "Move for Health Day" walk. Each group met at their centre of choice. The two groups met at the half way point for an energy drink before heading back to their respective centres.	15
Taiko Drumming (6 years and up with an adult)	"Taiko Drumming" was taught by Debbie Jesson, 2004 BCRPA fitness leader of the year. She demonstrated this very fun and enjoyable way of getting the whole family exercising together using basic fitness equipment.	15
Bosu Ball Workout - for the beginner to the advanced	The BOSU (Shorts ofr "both sides up") was demonstrated to show participants a unique way to work on balance, core strength and aerobic conditioning.	6
Walk for Health (For all ages)	Friends and family from the Eastburn community walked around their community, snacks and drinks were enjoyed after the walk.	6
"Tricycle" - an introductory indoor cycling class	An instructor showed participants how to set up the bike for a comfortable ride and demonstrated the basics of a typical indoor cycling class.	6
Modern Dance with Mr. Trevor	Modern dance was demonstrated by instructor Mr. Trevor.	5
Core Workout (Balls and Balance Boards)	"To the Core" workout was demonstrated and participants were shown techniques to strengthen the core muscle groups using the Swiss Ball, balance board and medicine ball.	5
Free Weight Room Orientations	Free orientations to the weight training room at Edmonds were given. An introduction to the new "Equalizer" wheelchair friendly equipment was also given.	3
SPCA Dog Walk	The SPCA had a volunteer walk day giving participants the opportunity to meet a new furry friend. The SPCA is always in need of volunteer workers.	3
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